

Saline County Wellness Committee  
October 19, 2015

The Saline County Wellness Committee meeting was called to order at 8:05am on October 19, 2015. Present were Elly Reedy, Tim McDermott, Jen Chavez, Linda Kastanek, Sharon Jelinek, Marvin Kohout, Bruce Filipi and Brandi Kelly. (Tad Eickman was present before meeting was called to order and had to leave)

The minutes from September 14<sup>th</sup> meeting were reviewed. Linda made a motion to approve the minutes, seconded by Marvin. Motion Carried.

Agenda for October 19<sup>th</sup> Meeting were reviewed. Marvin made a motion to approve the agenda, seconded by Sharon. Motion Carried.

Kory motioned to step down as secretary at September 14<sup>th</sup> meeting, taking place of Kory as of October 19<sup>th</sup> will be Elly.

We had an individual request an alternative standard regarding wellness points for physical exams, eye doctor appointments, dental appointments, etc. for those individuals who do not have to schedule the above appointments. No other points, challenges, or ideas were addressed or set in place then what is already included in the 2015 Wellness Program.

Elly informed us on an update on Lucky 7 Poker Challenge, and to remind everyone the challenge sheets are due October 23, 2015. Winners of the best hand and the worst hand will be decided by Elly by the end of October, and winners will be announced by email.

Brandi reminded the committee that the Governors Award Luncheon will be October 20<sup>th</sup> and herself, Sharon and Elly will be accepting the award on behalf of Saline County.

Tim informed everyone that the BlueHealth Advantage Premium has yet to send out giftcards for those enrolled in the program. Tim will call them to see if the program is still up and running and working correctly

Brandi discussed a possible class with a dentist or dermatologist, but her person of contact stated that the class wouldn't be held until February 2016. Elly suggested the idea for a monthly class offered by Lisa Fikar on the product doTERRA oils.

Elly informed us she has started creating the mini-challenge for the month of November, which will be BINGO. Elly also discussed the Breakfast Bites challenge that was offered from Madonna as an option for a mini challenge, but it is something we could consider to do next year as well.

Tim informed the committee on the upcoming due date for the NIRMA Assist Grant for award, scholarship, safety incentive, and safety training). The Grant is due November 2, 2015. Elly shared with the committee the estimate for the Health Fair blood tests costs, and Linda will send Tim a copy of the invoice from last year for an estimation for what the committee should apply for for the NIRMA Grant application. The grant will be completed by Tim and sent to the committee members for review before it is sent to NIRMA.

Marvin mentioned the idea of having a NIRMA Safety Speaker (Safety Incentive and Safety Training), he mentioned it should be someone who can give motivational speech on safety; Jen will do some checking and see if she can find someone.

The committee discussed the possibility of enrolling for a Sam's Club Membership to supply the vending machines. It was discussed that the credit card combined with the membership card (cost \$45) would take a lot of sales (from vending machine) to get that balance. It was also discussed to look into credit cards such as Discover or Master Card; Linda will look into different banks, that don't have VISA cards since Sam's Club doesn't take VISA.

Elly informed us about the upcoming 2015 Flu Shot Clinic with PHS on Monday October 26<sup>th</sup> and that PHS will get to the courthouse around 7:10am to start setting up for the clinic that begins at 7:30am. PHS will be at SCLEC from 3:00pm-6:30 the same day for the flu shot clinic.

Tim presented to the committee two charts on the breakdown of the wellness program and points distributed. The charts contained the following:

- Sign up sheet
- Annual health fair
- Annual physical
- Annual eye exam
- Dental 1
- Dental 2
- Flu vaccine
- Tobacco free
- Waist circumference
- Midrange HRA score 1-3
- 150 min/week exercise

The chart had percentages laid out for the distribution of points. He presented this as the new direction to head in for Wellness Program 2016. Sharon made a motion to use the wellness point adjustment #2 chart presented by Tim, Linda seconded the motion. Motion Carried.

The committee discussed prorating of new employees and it was brought forward to make sure the new employees are made aware of the wellness program and what can all be done to earn the points, even if start toward middle, or end of the calendar year for the insurance premium.

Marvin attended a WorkWell meeting in Lincoln, and informed the committee on the upcoming webinar, "Best Practice Idea Exchange" on November 15<sup>th</sup> from 11:30-1pm as an idea for committee members to try to listen to if available to see what different counties and businesses are doing for their wellness programs.

Meeting adjourned at 9:20am, next meeting will be held at 2:00pm on November 16<sup>th</sup>, 2015.